

Steps to Slow the Spread of COVID-19

COVID-19 is a respiratory illness that can spread from person to person.

Virginians are encouraged to follow these instructions to prevent disease spreading to people in your home and community.

SYMPTOMS can include **FEVER, COUGH** or **TROUBLE BREATHING**.

Some people have other symptoms including chills, muscle pain, headache, sore throat, or new loss of taste or smell. Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Not everyone needs to be tested for COVID-19. Most people will have mild illness and be able to recover at home.*

If You Are Sick And Have Symptoms...

- **Stay home and separate yourself from other people in your home.** Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Monitor your health.** Seek medical attention immediately if you have a medical emergency. Emergency warning signs of COVID-19 can include; trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. Call ahead.
- **Wear a cloth face covering** or facemask when around other people.
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces every day.**
- **Do not leave home until fever-free for at least 72 hours** (without the help of medication) AND your other symptoms have improved AND at least 7 days have passed since symptoms first appeared.
- **Inform close contacts.** Talk to everyone who you have been within 6 feet of for more than 10 minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Tell them to stay home and monitor their health for 14 days.

**Older adults and people of any age with serious underlying medical conditions may be at higher risk for more serious disease. Seek care early.*

If You Had Close Contact With Someone Who Is Sick...

- **Stay home for 14 days** since you last interacted with the ill individual. If you have ongoing exposure (for example you live with the person who is sick), stay home while the person is sick and for 14 days after the person has been released from isolation.
- **Avoid contact with others** even though you may feel well. Do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Monitor for symptoms.** Take your temperature with a thermometer two times a day and watch for fever or cough.
- **Keep your distance from others** (at least 6 feet).
- **Wear a cloth face covering** or facemask when around other people.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces every day.**
- **If you become sick,** stay home, keep your distance from others, and inform your close contacts you are sick. Follow the guidance under “if you are sick and have symptoms.”

If you have questions, visit www.vdh.virginia.gov

or call 877-ASK-VDH3



How to Identify and Talk to Your Close Contacts About COVID-19

If you have symptoms of COVID-19, it is important that you alert everyone who you have been within 6 feet of for more than 10 minutes while you were sick, including the 48 hours before you developed symptoms. The steps below will help you identify and talk to your close contacts.

1. **Document day, date, time your symptoms began:** _____ (day) _____ (date) _____ (time)
2. **List all people who were in your household since becoming sick:** *(including the 48 hours BEFORE you developed symptoms)*

3. **Inform your other close contacts:** *(People who have been within 6 feet of you while you were sick, including the 48 hours BEFORE you developed symptoms)*
At work: _____
In a car: _____
In or near your home: _____
In other places: _____

Inform Your Close Contacts

Call or text your contacts and tell them you are sick. By sharing your information with others, you can slow the spread of illness.

Sample message:



“Hi. I am sick with symptoms of COVID-19 (the coronavirus infection). I’m reaching out because when we met, you may have been exposed. Most people who get sick are able to recover at home. The Health Department recommends that you stay home and monitor your health for symptoms of COVID-19 for 14 days since we last interacted. Remember to:

- **Stay home for 14 days** since we last interacted.
 - If you have ongoing exposure with the contact, for example if you live with this person, tell them to stay home while you are sick and for 14 days after you have been released from isolation.
- **Avoid contact with others**, do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Monitor for symptoms.** Take your temperature with a thermometer two times a day and watch for fever or cough. Seek medical attention immediately if you have a medical emergency. Emergency warning signs of COVID-19 can include; trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. Call ahead.

- **Keep your distance from others** (at least 6 feet).
- **Wear a cloth face covering** or facemask when around other people.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces every day.**
- **If you become sick, stay home and keep your distance from others.**
- **Inform others if you become sick.** Talk to everyone who you have been within 6 feet of for more than 10 minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Tell them to stay home for 14 days. If you get sick, call your doctor or healthcare provider and let them know you were exposed to someone with COVID-19 and now are ill.”

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